

HANDING YOUR TEEN THE CAR KEYS—

ARE YOU CONFIDENT *OR* CONCERNED?

Eight teens a day are killed in car crashes. Parents are the key to keeping kids safe on the road. Talk with your teen about safe driving. Then take these proven steps to keep your teen safe behind the wheel.

- Extend your teen's supervised driving period.
- Set the rules of the road:
 - Make sure your teen always wears a seat belt.
 - Limit your teen's nighttime driving.
 - Restrict the number of teen passengers allowed in the car.
 - Prohibit cell phones and texting while driving.
- Enforce the rules with a parent-teen driving agreement.



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

LEARN HOW TO HAND OVER THE KEYS WITH CONFIDENCE.
VISIT WWW.CDC.GOV/PARENTSARETHEKEY TO GET GOING.



Every AAP member has an important role in preventing teen crashes.

As a pediatrician, you talk to your patients and their parents about important milestones and their health implications. One such milestone, learning how to drive and getting a driver's license, comes with great responsibility and risk. In fact, car crashes take about 3,000 young lives every year—that's eight teen deaths a day.

Through the "Parents Are the Key" campaign, the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) are working together to help parents learn how to play a key role in keeping their teen drivers safe on the road. Car crashes are the number one killer of teens, but parents can help prevent these deaths.

Help get the message out to parents of your teen patients:

- Educate parents and teens about the dangers of teen driving and steps they can take to reduce the risks. Parents and teens should discuss their family's rules of the road and set consequences for breaking them.
- Encourage parents to reinforce these talks by working with their teen to complete a parent-teen driving agreement. Find free copies of the "Parents Are the Key"/AAP parent-teen driving agreement that you can hand out at **WWW.CDC.GOV/PARENTSARETHEKEY**.
- Remind parents that they need to lead by example. They can't wait until their teen is old enough to drive to start modeling good driving behaviors. If parents talk on the phone, text, speed or drive without their seat belt, so might their teen.
- Spread the word about safe teen driving by distributing campaign materials and displaying campaign posters in waiting and examination rooms. Free "Parents Are the Key" materials are available to order or download at **WWW.CDC.GOV/PARENTSARETHEKEY**.

Find more tips on how to spread the word about safe teen driving at **WWW.CDC.GOV/PARENTSARETHEKEY**.